

Handling Emotional Stress from Building Disputes: Tips for Homeowners

[Building disputes](#) can be a stressful and emotional experience for homeowners, and it's essential to address this stress to avoid the adverse effects it can have on their mental health. In this article, we will provide tips to help homeowners manage emotional stress during building disputes in the [NCAT](#) Consumer and Commercial Division Home Building Division.

Get a Reliable Legal Counsel

One of the significant sources of stress for homeowners is dealing with a legal counsel that is not experienced enough to get a positive outcome. It's essential to have a strong legal team specialising in construction law cases like [Contracts Specialist](#) Solicitors and Attorneys. With a specialist lawyer behind you, you can sleep soundly at night, knowing that your best interest is their top priority.

Organise and Know the Proceedings Timetable

Organising your files and providing all relevant information to your solicitor as soon as possible is critical. It's ideal to have a shared folder organised by topics. You should have your lawyer provide you with written advice so that you know your legal rights, your options, and your decisions are intentional and made on relevant information. Knowing the proceedings timetable can also help you manage your expectations and minimise anxiety.

Engage in Calming Activities

It's essential to prioritise your mental health and engage in calming activities during this stressful time. Identify activities that help you relax, such as getting a massage, listening to music, or practising meditation or yoga. Light exercises, such as taking a leisurely walk, can also help reduce stress levels. However, it's equally important to avoid activities that do not help you relax or add more stress to your life, such as overworking or spending time with negative people.

Lighten the Schedule

It's not uncommon for individuals to pack their schedules to keep themselves busy and avoid thinking about their legal battles. However, this can often make things more difficult and lead to

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burnout. Instead, list all activities according to the hierarchy of their importance and consider anything that can help you relax.

Avoid Stimulants

As much as possible, avoid getting stimulants into your system. Caffeine and nicotine are stimulants that can worsen your stress levels. Too much caffeine can also induce panic attacks, particularly among highly susceptible individuals.

Get Enough Sleep

Sleep is essential for keeping your stress levels down. While it may be challenging, it's important to make it a part of your routine to sleep and wake up early. You may also consider using new wearable stress-relieving technology, such as TouchPoints, before bedtime.

Remain Active

During building disputes, it's tempting to wallow and refuse to do things that make you happy. However, it's crucial to remain active and continue doing activities that boost your mood. Engaging in regular exercises, such as yoga or hiking, can also help reduce your stress levels.

Conclusion

[Building disputes](#) can be a stressful and emotional experience for homeowners, but it's crucial to address these emotions and manage stress levels to avoid the adverse effects they can have on mental health. The tips we've provided can help homeowners manage stress levels and maintain a healthy and positive outlook during building disputes. Remember, it's essential to prioritise your mental health and seek professional help if needed.

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